

Peace of Mind Through Self-Expression

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Self-expression, writing and performance play an important role in teen life. As teens, we recognize the importance of expressing our emotions and projecting our feelings. We are creative individuals who feel comfortable expressing ourselves in various ways. Writing and keeping a journal is a great way to relieve stress and worries. As teens we are caught in a transitional and critical time period in our lives. We are undergoing both physical and emotional changes and this can take a toll on our lives. We need to vent and somehow escape our daily routines and frustrations. Writing and reflecting on our emotions helps us acquire the much-needed peace of mind and serenity our lives need. Journaling and documenting our feelings is also a great way of keeping track of our mental growth and maturation as young adults. There are many ways we can express ourselves. We can do it in performing. Self-expression is an outlet for teens to be creative and not censure what they are feeling experiencing. Languages, self-expression, writing along with performance are significant components in our lives that help us develop a healthy sense of identity. I don't think teen life has changed much regardless of what decade in which one grew up. Teenagers have always gone through similar life changing experiences. We all share the same fears and hopes of being accepted and not rejected by our peers or society. We are individuals who are just beginning to get a taste of what life is really like. Every teen deals with emotional strain, it's normal and it's all a part of the process of coming into young adult hood. Our clothing, style of music and maybe even the way we interact with one another may change. But one thing that remains the same and constant throughout teens is our experiences that define us as we enter into young adult hood.